

**MARCH 2023**

# BERNICE FONTENEAU SWC

PROGRAMS ARE IN-PERSON AND VIRTUAL: ZOOM ID: 202 727 0338 DIAL IN: 301-715-8592



## MONDAY

- 8:30** Walking Club
- 9:00** Enhance Fitness with Deborah
- 10:00** Nutrition Education
- 10:00** Book Club
- 11:00** Step Class
- 11:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 1:00** Living Well
- 1:30** Nature Appreciation Group
- 2:00** Card Games and Board Games
- 3:00** Mindful Monday

## TUESDAY

- 8:30** Color Connections
- 9:00** Beginner's Dance
- 9:00** Tech Check
- 10:00** Health & Wellness
- 11:00** Aerobics with Kojak
- 1:00** Circuit Training with Tony (YMCA)
- 1:30** Inspiration & Fellowship
- 2:00** Bingo
- 2:00** Quilting
- 3:00** Discussion Group

## WEDNESDAY

- 8:30** Walking Club
- 9:00** S.A.I.L. with Adriene
- 10:00** Mental Health Matters
- 11:00** Enhance Fitness
- 1:00** Current Events & Book Club (Online Only)
- 1:00** Arts and Crafts
- 1:00** Tai Chi with Jerry (YMCA)
- 2:00** Mind Over Mood/Healing Circle  
Zoom ID: 353-982-0971  
Passcode: 1340
- 3:00** Assessments

## THURSDAY

- 8:30** Color Connections
- 9:00** Muscle Toning with Tony (YMCA)
- 10:00** Nutrition Education
- 10:00** Legal Counsel for Elderly
- 11:00** Enhance Fitness with Kojak
- 1:00** Line Dancing
- 1:00** Peer Group
- 2:00** Tech Check
- 2:00** Club Memory- In person (Last Friday of Month)
- 2:00** Quilting
- 3:00** New Member Orientation

## FRIDAY

- 8:30** Walking Club
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 10:00** Brunchin' with Nancy & Nutrition Bingo
- 11:00** Age Well Students BP check and education
- 11:00** Club Memory with Sibley Hospital  
Zoom ID: 929 9726 8202  
Phone only: 301-715-8592 + ID
- 1:00** Fun Friday
- 3:00** Tech Check with Tyra & Angela

Open Gym and Computer Lab Monday-Friday 8:30-4pm



## BERNICE FONTENEAU SWC



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### NEED RESOURCES?

GETHELP.DC.GOV OR 311,  
TERRIFICINC.ORG-202-882-1160,  
DACL.DC.GOV-202-724-5626,  
BERNICE FONTENEAU SENIOR  
WELLNESS CENTER, 202-727-0338

## IMPORTANT DATES

### MONDAY

**12:30 Every Monday:**  
Technology Class

**1pm Every Monday:**  
Living Well  
This month:  
Kidney Disease

Technology Class:

**3/6: Computer Basics**

**3/13: Zoom Basics**

**3/20: Managing Storage**

**3/27: How to Use Email**

**3/13: TRIP - National  
Portrait Gallery**

**\*\*Be @ the Center 10:30am\*\***

### TUESDAY

**9-2pm Every Tuesday:**  
Georgetown Nursing  
students (BP checks and  
education)

**2pm Every Tuesday:**  
Bingo

**3/14 10-12pm Grocery  
Plus Pick Up, Please Bring  
ID**

**3/14 10-4pm DC Bar  
Foundation Focus Group**

**3/21 1pm Legal Counsel  
for the Elderly - Wills &  
Power of Attorney**

**3/28: TRIP - Bowling @  
Fort Myers Bowling  
Center (\$9)**

**\*\* Be @ the Center 9:30am\*\***

### WEDNESDAY

**10am Every Wednesday:**  
Mental Health Matters

**3/1 11 am Town Hall  
meeting**

**3/15 12:30pm - DISB  
"Mental Health Parity  
Forum" (Webinar)**

**3/15 10-12 pm 2nd Day for  
Grocery Plus Pick Up,  
Please Bring ID**

**1pm Arts and Crafts:**

**3/1: St. Patrick's Day craft**

**3/8: Suncatchers with  
Lucy**

**3/15: Art with Dominique**

**3/22: Centerpieces**

### THURSDAY

**10-12 pm Every  
Thursday:**  
Legal Counsel for Elderly

**3/2 11:30 -2:30 12th  
Anniversary celebration:  
Shake, Rattle, & Roll @  
The Salvation Army**

**3/9 1pm: Peer Group  
guest: Veronica  
Johnson, Chief  
Meteorologist, WJLA**

**3/23 1pm Club Memory  
(in-person)**

### FRIDAY

**10-2pm Every Friday:**  
Age Well Program with  
Nursing students

**3/24 12pm: Ford's  
Theater "Shout Sister  
Shout" -(\$29.00)  
\*\*Be @ the center  
10:30am\*\***

**3/31 11:30am: THEARC  
"THE WIZ"Dansical -  
(\$10.00)  
\*\*Be @ the center  
10:30am\*\***

**Fun Fridays 2pm:**

**3/3: Circle Loom**

**3/10: Movie Afternoon:  
"The Immortal Life of  
Henrietta Lacks"**

**3/17: Lucky Leprechaun  
(Wear Green!)**

**3/24: Karaoke Fun**

**3/31: Murder Mystery**

CALENDAR IS SUBJECT TO CHANGE